

Job Aid Helping Families Use the Benefits List

How would you use the Benefits List to help WIC families?

Who is the cardholder?

When was this list printed?

WIC Benefits List
Benefits Available as of 09/04/2020 1:17 PM

WIC Family ID: 2100181

FirstCardholder: SAMPLE, SARA **SecondCardholder:** SAMPLE, STEVE

Benefits for: 09/04/2020 through 09/30/2020
Family Member/s: Sample, Sara – WB Sample, Sam – C1
 Sample, Suzy – IB7-12

Which months have benefits issued?

Which family members have benefits?

Quantity	Unit	Food Item Description
20	\$\$\$	Fruit and vegetables –fresh / frozen
48	OZ	Whole grains
4.5	GAL	Fat free or 1% milk
3.25	GAL	Whole milk
2	LB	Cheese
1	CTR	Lowfat or Nonfat yogurt
2	DOZ	Eggs – large
2	CTR	Peanut butter/dry or canned beans
1	CTR	Beans, dry or canned
72	OZ	Cereal – hot / cold
2	CTR	11.5 to 12 ounce frozen juice
3	CTR	64oz bottle juice
128	OZ	Baby food – fruit / vegetables
24	OZ	Baby cereal
2	CAN	Simillac Advance powder

How much of each food are they getting?

What foods are they getting?

Benefits for: 10/01/2020 through 10/31/2020
Family Member/s: Sample, Sara—WB Sample, Sam – C1
 Sample, Suzy – IB7-12

How many future months of benefits are issued?

Quantity	Unit	Food Item Description
20	\$\$\$	Fruit and vegetables –fresh / frozen
48	OZ	Whole grains
4.5	GAL	Fat free or 1% milk
3.25	GAL	Whole milk
2	LB	Cheese
1	CTR	Lowfat or Nonfat yogurt
2	DOZ	Eggs – large
2	CTR	Peanut butter/dry or canned beans
1	CTR	Beans, dry or canned
72	OZ	Cereal – hot / cold
2	CTR	11.5 to 12 ounce frozen juice
3	CTR	64oz bottle juice
128	OZ	Baby food –fruit / vegetables
24	OZ	Baby cereal
2	CAN	Simillac Advance powder

Are family members benefits combined?

Your next appointment will be _____ . Your WIC clinic phone number is (503) 988-3503.

When should they come back to the clinic?

Types and Units of Foods

Food Category	Short Description	Long Description	Unit of measure	Measure Description
Cheese	Cheese	Cheese	LB	pound
Eggs	Eggs- large	Eggs – large	DOZ	dozen
Cereal	Cereal – hot/cold	Cereal – hot/cold	OZ	ounce
Peanut butter or beans, dry or canned	Peanut butter/beans	Peanut butter/dry or canned beans	CTR	container 1 CTR=16-18 oz. PB or 16 oz. beans
Dry beans or peas, Canned beans	Beans, dry or canned	Beans, dry or canned	CTR	Container 1 CTR=16 oz.
Fish	Fish – canned	Fish – canned tuna/salmon/sardines	OZ	ounce
Bread or whole grains	Whole grains	100% whole wheat bread or whole grains	OZ	ounce
Fruit and vegetables	Fruit and vegetables	Fruit and vegetables – fresh/frozen	\$\$\$	Amount in dollars and cents example: \$10.00
Whole fluid milk	Whole milk	Whole milk	GAL	1.0 = 1 gallon
Fat free or 1% Milk	Lowfat milk	Lowfat or fat free milk	GAL	1.0 = 1 gallon
Soy beverage	Soy beverage	Soy beverage	GAL	1.0 = 1 gallon
Juice – 11.5-12 oz.	Frzn juice 11.5-12 oz.	11.5 to 12 ounce frozen juice	CTR	container 1 CTR = 11.5-12 ounces frozen
Juice – 64 oz.	Juice 64 oz.	64 oz. bottle juice	CTR	container 1 CTR = 64 oz. plastic bottle
Formulas	Varies	Varies	CAN, BTL, CTR, BOX, CTN	Can, bottle, container, box, carton
Baby cereal	Baby cereal	Baby cereal	OZ	ounce
Baby food fruits and vegetables	Baby food – fruit/veg	Baby food – fruit/vegetables	OZ	ounce
Baby food – meat	Baby food – meat	Baby food – meat	OZ	Ounce
Lowfat or nonfat yogurt	Low or nonfat yogurt	Lowfat or nonfat yogurt	CTR	1 CTR = 32 oz.
Whole milk yogurt	Whole milk yogurt	Whole milk yogurt	CTR	1 CTR = 32 oz.
Tofu	Tofu	Tofu	LB	16 oz. (1 lb.)